



MapRun Gloucestershire 2021


Chase and Penyard

Thursday 10th June 2021



This event is predominantly hilly, woodland running on Chase and Penyard Hills on the edge of Ross-on-Wye, with a flatter, urban section in Tudorville.

New version of MapRun available: We strongly recommend that you uninstall *MapRunF* and all previous versions of the app, and download and install **MapRun6** from your app store. Generally earlier versions will work; they just won't be able to take advantage of some of the new features which we may use.

Queries?	Dan Sandford dansandford@btconnect.com
Directions and Parking	<p>Parking and assembly are at Fernbank Road car park. On road parking ok, if car park full.</p> <p>Nearest postcode: HR9 5PP</p> <p>What 3 words: https://what3words.com/avid.bulbs.workshop</p> <p>Start / Finish area just to the west of car park, on path behind playground area. Only use this path if intending to finish!</p>
The Area	<p>There are a mixture of fire trails, well established footpaths and smaller MTB routes on Chase and Penyard. The smaller paths are not marked with signs. The map provided doesn't really distinguish between the types of paths, so stay alert! Some paths are muddy and getting a little overgrown after the recent rain. Trail shoes recommended.</p> <p>In some areas the path networks get quite dense, as footpaths intersect with MTB tracks. Just to complicate matters, the local MTB'ers like to create new paths and leave others to get overgrown. I have tried to keep up with the mapping.. The thick woodland may be a little disorientating – A compass would be a good idea. Good luck!</p> <p><u>Caution:</u> The area on the northern side of Penyard Hill crosses through a firing range danger area. There are a couple of gates you may need to go through. If the red flags are up – <u>DON'T go through</u>. You will get shot and it's just not worth the extra 30 points.. I have never seen them up on an evening, so should be ok.</p>
Event details	<p>To spread people out, runners will start at one-minute intervals from 1800 to 1900.</p> <p>In line with current British Orienteering Covid rules, Pre-registration is required: enter on Fabian4.co.uk by midnight on Wed 9 June.</p>  <p>Entry fees: £5 seniors, £2 juniors. Juniors must be accompanied.</p> <p>It's a one hour score event using the MapRun app:</p> <ul style="list-style-type: none">• Checkpoints 1-10 are worth 10 points.• Checkpoints 11-20 are worth 20 points.• Checkpoints 21-30 are worth 30 points. <p>Score as many points as you can within an hour. If you're late getting back, there's a 10 point penalty per minute over.</p> <p>Please make sure you've installed MapRun6 before the event. If you haven't used MapRun before, don't worry – it's easy to use, and we have full details on getting started.</p> <p>MapRunG (Garmin watch) users: if you have MapRun6, you do not need the event PIN number to download the course to your watch. This meant you can download the course before your arrive at the event, in case there is no phone signal there.</p>

<p>Event procedure</p>	<p>When you register on Fabian4 you can select a start time. To avoid congregation at the start we'd ask you to follow the following start procedure:</p> <ul style="list-style-type: none"> • Before heading to the start, make sure you've downloaded the MapRun event onto your phone. It can be found in the UK/Gloucestershire/Current Series folder. • Wait in your car (or warm up away from the start) until your designated start time. • Just before your start time, press 'Go To Start' on the MapRun6 app. The phone will ask for the PIN number. The PIN is written on the map, so.... • When your start time arrives: sanitise your hands, pick up a map from the table near the organiser's car, enter the PIN and run to the start. <p>When you run through the start: MapRun6 will bleep, and start the clock,. When you run through a checkpoint: it will bleep, and record your visit. When you run through the finish: it will bleep, and stop the clock. Be careful not to run through the finish before you intend to finish!</p>
<p>Safety</p>	<p>The course is partly located in an urban environment necessitating many road crossings, so under 16s must be accompanied</p> <p>COVID code of conduct. It is vital that all attendees at the event:</p> <ul style="list-style-type: none"> • Act as ambassadors for the sport of orienteering at all times and consider how their actions may appear in the eyes of landowners or members of the public. • Observe social distancing at all times, including keeping their distance from other participants, volunteers and members of the public. • Use hand sanitiser on arrival and departure. <p><i>Anyone who has symptoms of COVID-19, who is living in a household with someone who has a possible or confirmed COVID-19 infection, or who has been asked to isolate by NHS Test and Trace should remain at home.</i></p>